Health and Wellness!

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Disclaimer

- The contents of this presentation are the professional opinion of the author and should not be construed as official Department of the Army policy or doctrine. However, every effort has been made to provide information that is current and consistent with official policy and doctrine as well as most current evidence based medicine research, when possible.

TOP 5 Causes of Death in the US (2002)

- ✓1. Heart Disease
- ✓2. Cancer
- ✓3. Stroke
- ✓4. Chronic lower respiratory
- ✓5. Unintentional accidents

Source: CDC at http://www.cdc.gov/nccdphp/burdenbook2004/Section01/tables.htm

Top 5 Causes of Cancer Deaths in the U.S. by Gender (2002)

Males	Females
✓ 1. Lung	✓ 1. Lung
✓ 2. Prostate	✓ 2. Breast
✓ 3. Colon	✓ 3. Colon
✓ 4. Pancreas	✓ 4. Pancreas
✓ 5. Leukemia	✓ 5. Ovary

Source: http://caonline.amcancersoc.org/cgi/content/full/55/1/10

Top Health Care Concerns in the US

- ✓ Aging Workforce
- ✓ Rising Health Care Costs
- ✓ Uninsured workforce increasing
- ✓ Bio Terrorism Pandemic Diseases: Avian Flu, SARS

Facts

- **Heart disease** is **#1 cause of death** in the U.S.
  - Caused for 30% of all U.S. deaths in 1999

- **The major risk factors:**
  - Age (> 50)
  - Male gender
  - Prior history and/or family history of heart disease (especially in 1st degree relatives)
  - **tobacco use** (especially smoking)
  - **high blood pressure**, **diabetes**, **elevated cholesterol**, and a **sedentary lifestyle**

Modifiable Risk Factors

- ✓1. Tobacco use (especially smoking)
- ✓2. High blood pressure
- ✓3. Diabetes
- ✓4. High cholesterol
- ✓5. Sedentary lifestyle

Tobacco Use

- Kills over 400,000 Americans yearly (1 of 5 deaths)
- The MOST PREVENTABLE CAUSE of premature death in the U.S (25% of all heart related deaths)
- Over 43 known carcinogens/toxins (including carbon monoxide, arsenic, etc…)

Tobacco Use (cont.)

- 1 cigarette smoked = 11 minutes life-lost
  - Average smoker *dies 7 years earlier* than non-smokers
- 3000 lung cancer and 62,000 heart disease deaths due to secondhand smoke
- Chewing tobacco is NOT safer!!!!

Tobacco Cessation

- ✓ Addictive and social characteristics challenges
- ✓ Medications: **Nicotine patch** and **Zyban™**
- ✓ BEST CHANCE TO SUCCESSFUL QUITTING: **Comprehensive** with family and social supportand guidance from your physician

High Blood Pressure

- Causes **24%** of all premature deaths and **35%** of heart attacks or strokes
- Optimal goal: BP < 120/80
- The "SILENT KILLER"
- Screening at least every two years adults (more often if other risk factors are present)

Diabetes

- ✓ Subtle Onset
- ✓ Risk of a “silent” heart attack increased
- ✓ Links to obesity and poor dietary habits
- ✓ Family risks

Diabetes (cont.)

- Leading cause of non-traumatic amputations, kidney failure, and blindness in the U.S.
- Roles of Diet and exercise versus medications
- 1 out of 3 diabetics unaware of their disease:

Elevated Cholesterol

- *Very early control* may significantly prevent plaque build- up
- Role of diet and exercise versus medications
- Optimal goals:
  - Total Cholesterol < 200
  - “Bad” Cholesterol (LDL) < 100
  - “Good” Cholesterol (HDL) > 60

Sedentary Lifestyle

- Responsible for **300,000 – 600,000** preventable deaths each year
- Associated with obesity, diabetes, and other heart disease risk factors
- Obesity doubles risk of heart disease

Diet

- Avoid “fad” diets
- Decrease meal portions
  - Don’t “super-size”
  - Avoid saturated fats
  - Increase fruits and vegetables (“fresh” is usually best)
- Balanced Diet is important

Other Important Considerations (cont.)

- ✓ Risks and benefits of **aspirin** for prevention
- ✓ Recommended Screening tests:
  - **EKG**
  - **Mammogram**
  - **Prostate**
  - **Colonoscopy**
- ✓ Always consult with your physician!

EXERCISE:
Why do it?

Use It or Lose It!

- ✓ **Maintain cardiovascular fitness**
- ✓ **Maintain flexibility**
- ✓ **Maintain strength**

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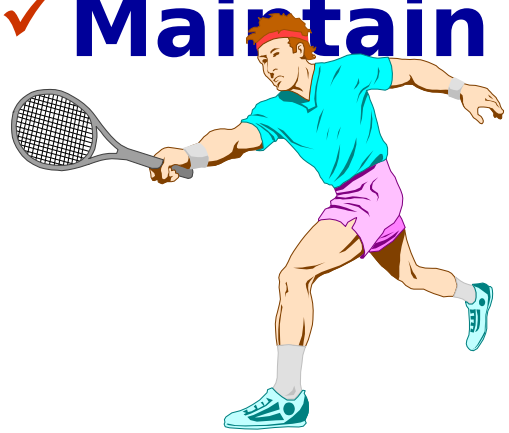
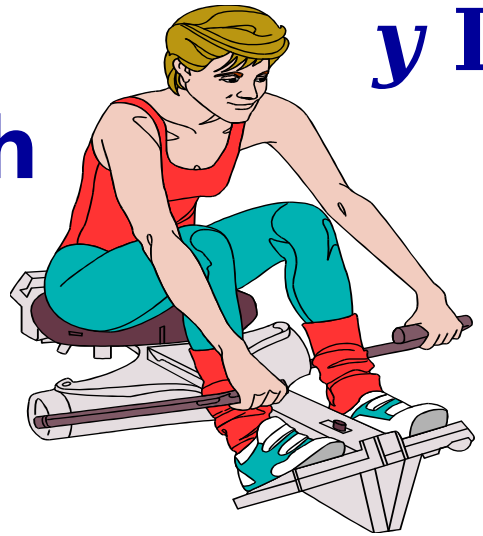
Longer, Better Quality Life





Other Benefits of Exercise!

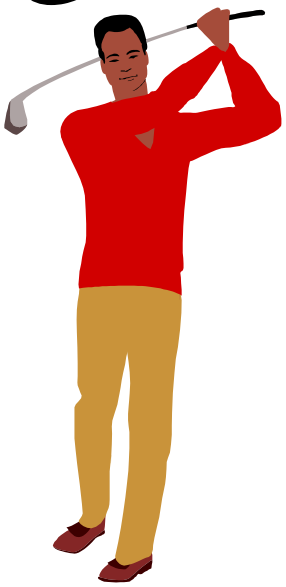
- ✓ **Mental Health**
- ✓ **Weight Loss/Maintenance**
- ✓ **Reduced Risk for Disease**
  - ➢ **Cancer**
  - ➢ **Diabetes (Type II)**

How to Start Exercise

Start with a realistic goal and start gradually

REMEMBER: ***No Pain, Go Gain is In***

How to Start Exercise



- ✓ Work on **aerobic** capacity
- ✓ Work on **Strength**

- ✓ But Most of All - **PICK SOMETHING YOU LIKE**
- ✓ Long term goal: **30 minutes** of **moderate** exercise most days of week

Summary

- ✓ **Focus on *MODIFIABLE* risk factors**
- ✓ **Set realistic goals and make lifestyle changes that you can enjoy and maintain**
- ✓ **Consult your physician for medical screening recommendations**
- ✓ **Moderate exercise is fine on most days**

Questions?